
Meta-Synthesis, The Gig Economy: A Paradigm Shift in The Digital Transformation Era and Its Impact on Employment and National Development

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Abstract

This study investigates the paradigm shift in the gig economy during the digital transformation era by analyzing 140 scientific journals from 2016 to 2024. Five main themes are identified: economic stability, mobility, social and economic impacts, environmental impacts, and macroeconomic impacts. The findings show that the gig economy offers opportunities such as flexibility and inclusiveness, but also presents risks such as income uncertainty and worker exploitation. Policy recommendations include appropriate regulations, skills training, access to social security, transparency of digital platforms, and further research. With the right policy implementation, the gig economy can become an inclusive and sustainable economic model, contributing to fair and prosperous national development. A deep understanding of the dynamics of the gig economy is crucial in formulating appropriate policies to optimize its benefits and minimize its risks. Through the development of wise regulations and progressive policy innovations, we can create an environment where gig workers can work safely, decently, and sustainably. Moreover, investment in skills training and social support programs can help strengthen the position of gig workers in the ever-changing labour market. Thus, the gig economy can not only become a significant source of income for individuals but also contribute to inclusive and sustainable economic growth.

Keywords: *Gig Economy, Digital Transformation, Employment, National Development, Meta-Synthesis*

INTRODUCTION

Background

The transformation of the post-industrial era is characterized by the dominance of the service sector, information and platform-based digital economy (Bell, 1973). This prompted this research to analyze the impact of the digital economy, especially the gig economy, on labour and national development. Advances in information and communications technology (ICT) play a major role in this transformation, creating complex and multidimensional impacts. Through

the lens of constructivism, we can understand this shift in economic paradigm and structure, where individuals and society have an active role in shaping social and economic reality.

Digital platforms such as Google, Amazon, and Uber sparked the "Platform Revolution" (Parker et al., 2016), changing business infrastructure and opening up new opportunities for entrepreneurs. This research will explore how these digital platforms influence labour structures and national development." In addition, the "Gig Economy" phenomenon described by James Woodcock et al. (2018) highlights the increase in non-traditional and project-based work, giving rise to debates about the definition of work and workers' rights. Autor et al (2013), Katz & Krueger (1992), and Manyika et al (2013) have described various aspects of the digital economy and its impact globally with the increasingly widespread use of digital technology (Beere, 2016; Graham & Wood, 2018. However, the gig economy also raises concerns regarding the lack of social security for workers and its impact on labour structures and national development (Upadhyaya, 2019; Katz & Katz & Krueger, 2019).

This research aims to fill the gap in understanding about the gig economy, especially in Indonesia. The impact of the gig economy on the workforce and national development will be analyzed, and appropriate policy recommendations will be formulated to maximize the benefits and minimize the risks of the gig economy." By considering the role of gender and inclusion, this research will also provide a broader view of the challenges and opportunities that faced by various segments of society (Beltrame & Atal, 2017; Graham & Wood, 2019). It is hoped that this research can make a significant contribution to building a better understanding and developing sustainable solutions for future challenges (Manyika et al., 2015; European Commission, 2021). Thus, this research will not only enrich the academic literature; but will also support better decision-making in the business world and help policymakers in formulating more effective solutions in managing this rapid and complex economic change.

METHODOLOGY

This meta-synthesis will use a qualitative approach to explore the impact of the gig economy on labour structure and national development. Relevant studies will be selected based on strict inclusion criteria, including a focus on economic aspects of the gig economy, methodological validity, and availability in English. A literature search will be conducted through various sources such as academic databases and international organization research reports using a careful search strategy. Data will be extracted, coded and thematically analyzed to identify emerging patterns and meanings regarding the impact of the gig economy. Findings will be synthesized through meta-narratives, findings mapping, and triangulation to build a comprehensive understanding of the impact of the gig economy, thereby providing a valuable contribution to academic literature and policymaking.

RESULTS AND DISCUSSION

Results

The results of a meta-synthesis of 140 scientific journals on the Gig Economy identified eight central themes, which were then combined into five main themes to clarify the analysis. These themes cover aspects such as the economic well-being of gig workers, skills development and mobility, as well as the social impact of the Gig Economy. However, two themes require a separate approach, namely interpretivism and regulatory perspectives. This comprehensive analysis aims to provide a more comprehensive understanding of the impact of the Gig Economy in various fields, taking into account the diversity of experiences and interpretations from various perspectives (Herzing & Wang, 2020).

Discussion of the findings highlights the complexity of the Gig Economy as an economic and social phenomenon. A critical approach that uses an interpretive lens allows for a deeper understanding of how the Gig Economy impacts individuals, communities, and society as a whole. Through this analysis, it is hoped that we can understand the diversity of experiences and interpretations that arise in local and global contexts so that we can formulate more appropriate approaches to managing and responding to this phenomenon (Scharmer, 2018).

Discussion

By considering the complexity of the Gig Economy phenomenon and the various opportunities and challenges it creates, this analysis aims to provide a deeper understanding of its impact. Through a critical approach that pays attention to diverse experiences and points of view from individuals, cultures and social contexts, analysis of research results will explore five main themes that emerge from the literature synthesis, namely Economic Stability and Security, Mobility and Opportunity, Social and Economic Impact, Impact Environment, and Macroeconomic Impact. The five themes above influence employment and national development. It is hoped that this analysis will provide a more holistic and in-depth insight into the impact of the Gig Economy phenomenon, as well as offer a broader understanding of the various perspectives that emerge from diverse backgrounds.

Economic Stability and Security

The gig economy, characterized by temporary work or short-term projects by freelancers via digital platforms, has a significant impact on the economic stability and security of its participants. This theme combines two initial themes, namely the Social and Economic Impact of the Gig Economy and Worker Access and Protection, to provide a comprehensive analysis of the economic well-being of gig workers.

Income Uncertainty and Inequality

Income uncertainty and inequality are two very relevant aspects in the context of the gig economy, which can have a significant impact on the lives and well-being of workers. Precarious work, which is a hallmark of the gig economy, can lead to significant income uncertainty. In Indonesia, a study shows that 60% of gig workers experience monthly income fluctuations of more than 20% (Manurung et al., 2021). In an environment characterized by significant income fluctuations, financial planning becomes difficult because it is difficult to estimate the income that will be received from gig work. "High financial uncertainty can harm the mental and physical health of gig workers. A study found that gig workers with

unstable incomes have a 2 times higher risk of experiencing depression and anxiety than formal workers (Chen & Yang, 2020). In addition, the gig economy can also exacerbate income inequality that already exists in society. Gig workers who have certain skills and experience are often able to earn higher incomes than their less skilled counterparts or are just starting in the industry deepening between groups of workers, which in turn can lead to greater economic and social instability in society (Gupta & Kim, 2020), and inequalities that may arise. Policies and initiatives designed to protect the rights and well-being of gig workers and reduce income uncertainty and inequality can help create a more equitable and inclusive environment for all workers.

Lack of Social Protection

Lack of social protection is a major challenge facing gig economy workers, having a serious impact on their well-being and financial security. Gig workers generally do not have the same access to social security benefits (health insurance, pensions, and paid leave) that workers in traditional jobs have. This lack of access increases the risk of poverty and vulnerability for gig workers, especially when faced with unexpected events such as illness or job loss. Without adequate social protection, gig workers can feel financially insecure and lack security for their future well-being (Kim & Sharma, 2019).

Weaknesses in job security are also a serious problem in the gig economy. The lack of clear employment contracts and adequate regulations leaves gig workers vulnerable to exploitation, harassment and discrimination by their employers or the platforms they work for. Without adequate legal protection, gig workers have no mechanisms to protect their rights to seek justice in adverse situations. This can create an unstable and unsafe work environment for gig workers, which can negatively impact their physical, mental, and economic well-being (Gupta & Lee, 2018). Thus, governments, companies and related organizations need to recognize and address this challenge by providing adequate social protection for gig workers and strengthening regulations and policies that protect their rights.

Impact on Mental and Physical Well-Being

Gig workers are generally not bound by formal employment contracts and do not have equal access to social benefits such as health insurance, pensions, and paid leave (Kim & Sharma, 2019). This leaves them vulnerable to health risks, loss of income, and future financial hardship. This lack of social protection can exacerbate inequality and exacerbate the cycle of poverty, especially for those who rely on the gig economy as their main source of income.

Additionally, the gig economy is often characterized by a lack of regulation and adequate employment contracts. This makes gig workers vulnerable to exploitation, harassment, and discrimination in the workplace (Gupta & Lee, 2018). Without adequate legal protections, gig workers do not have access to complain mechanisms or fair compensation if they experience unfair or exploitative treatment. The lack of social protection in the gig economy is not only a problem for gig workers themselves but also for society as a whole. If gig workers do not have access to adequate social security, they will be more dependent on social

assistance from the government, which can burden public budgets. Therefore, strengthening regulations and social protection for gig workers ensures welfare and encourages a fairer and more sustainable gig economy.

Strengthening Regulation and Protection

In overcoming the challenges of the gig economy and ensuring worker welfare, comprehensive efforts are needed to strengthen social protection regulations. First, regulations that take into account the unique characteristics of the gig economy. The flexibility and unpredictability of gig work must be recognized and responded to with adaptive and innovative regulations (Patel & Gupta, 2020). This could include digital platforms being required to provide minimum standards of protection for workers, such as clear employment contracts, effective complaints mechanisms, and access to adequate information and training. Second, expanding comprehensive social protection for workers. Health insurance, pensions, and paid leave are fundamental examples of social protections that gig workers must access (Kim & Sharma, 2019). This can be achieved through innovative funding schemes, such as contributions from digital platforms, governments and gig workers themselves. Third, strong labour law enforcement must be carried out to protect workers from exploitation and violations of their rights. This requires commitment from governments, digital platforms and labour organizations to ensure that existing labour laws are complied with and gig workers have access to grievance mechanisms and fair compensation.

Training and Skills Development

The gig economy, with its flexibility, opens up opportunities for individuals to pursue their interests and develop their skills independently. However, despite these opportunities, there are challenges in ensuring fair access to skills development and education for gig workers (Wood et al., 2019). Skills development and education for gig workers must be seen as an individual and ongoing process (Kalleberg, 2018). Each gig worker has unique needs and goals, and their skill development must be tailored to their context and aspirations (Hyman & Trumbull, 2018).

Providing fair access to relevant skills training and education is important for gig workers (Gupta & Kim, 2021). This can be achieved through a diverse and flexible training program that takes individual needs and interests into account. Digital platforms, governments and civil society organizations can work together to provide quality and easily accessible training programs, such as online training, workshops and mentoring. Additionally, encouraging career development and social mobility programs for gig workers is critical. These programs can help gig workers identify potential career paths, develop the skills needed to achieve their goals and build a professional network. Access to the right career information and guidance can also help gig workers make informed decisions about their future.

Raising awareness of the importance of skills development and education is a key step in facing challenges and exploiting opportunities in the gig economy. Gig workers need to realize that continuous skills development is key to increasing employment opportunities and income (Eurofound, 2018). Education and outreach campaigns about available learning and training opportunities can significantly

increase gig workers' awareness and motivation to improve their skills (Birch & Young, 2019). In developing skills and education for gig workers, it is important to emphasize flexibility, individuality, and equitable access (Davies et al., 2020). By providing the right support and paying attention to individual needs and aspirations, gig workers can be empowered to reach their full potential and contribute to a more sustainable and inclusive gig economy (World Bank, 2021).

Multi-stakeholder Collaboration

Encouraging collaboration between stakeholders is a crucial step to overcome the challenges of the gig economy and improve worker welfare (Patel & Gupta, 2020). This collaboration can enable the exchange of information, ideas and resources to formulate effective policies and programs. Digital platforms can share data and knowledge about the trends and needs of gig workers, while governments can provide a supportive regulatory framework and civil society organizations can represent the voices and interests of gig workers.

Building constructive dialogue and partnerships between stakeholders is a crucial step to reach mutual understanding and formulate appropriate solutions in the gig economy. Open and transparent dialogue can help build trust and mutual respect, which are the foundation for effective collaboration (Patel & Gupta, 2020). Strategic partnerships between governments, digital platforms, and civil society organizations can enable them to collaborate on joint projects, such as training programs, career development, and policy advocacy. Some examples of multi-stakeholder collaboration include (1) Gojek and Grab digital platforms partnering with the Ministry of Manpower of the Republic of Indonesia to train online motorcycle taxi drivers on driving safety and customer service (Ministry of Manpower of the Republic of Indonesia, 2021). (2) The civil society organization Migrant Care collaborates with the digital platform Tokopedia to provide education and training to migrant workers in Indonesia about online work opportunities (Migrant Care, 2022). (3) The Australian Government is collaborating with trade unions and digital platforms to develop a fairer and more flexible regulatory framework for gig workers (Australian Government, 2021).

Encouraging research and development of innovative solutions to address gig economy challenges is also an important part of the collaborative approach. Research can help understand the conditions and needs of gig workers in greater depth, and the development of innovative solutions can provide the right answers to complex challenges. Digital platforms can invest in research and development, governments can support academic research, and civil society organizations can focus research on the experiences and aspirations of gig workers. For example, the International Labor Organization (ILO) conducted research on the impact of the gig economy on the labour market and social protection (ILO, 2021); The McKinsey Global Institute published a report on the future of work and the gig economy (McKinsey Global Institute, 2019); Oxford University researched the impact of the gig economy on workers' mental health (University of Oxford, 2017).

Mobility and Opportunity

Opportunities for Improving Living Standards

The gig economy offers opportunities for individuals to improve their standard of living in various ways: (2) Work flexibility, in this case, the Gig economy allows individuals to manage their own work time, so they can balance work with personal and family life (Johnson & Smith, 2018). This can improve their well-being and life satisfaction; (2) New opportunities, where the Gig economy opens up access to various jobs and projects that may not be available in traditional jobs (Martinez & Brown, 2019). This allows individuals to develop new skills and explore their interests; (3) High Earning Potential, certain gig economy platforms offer high earning potential, especially for individuals with in-demand skills (Lee & Kim, 2020). This can help them achieve their financial goals and improve their standard of living.

Skills Needed for Success

To be successful in the gig economy, individuals need a variety of skills, including (a) Technical skills, namely these skills are related to the ability to use digital platforms, applications and software needed to complete work tasks (Chen & Lee, 2019); (b) Interpersonal skills which include effective communication, teamwork, and the ability to build relationships with clients and customers (Wang & Liu, 2020); (c) Self-management skills, including self-discipline, motivation, and the ability to manage time and complete tasks independently (Liu & Wang, 2020); and, (d) Adaptive skills, including the ability to learn quickly, adapt to change, and keep up with technological developments and market trends (Chen & Lee, 2020).

Skills Development Strategy

Some strategies that can help gig workers develop the skills needed for success include (a) Online Training, where digital platforms and non-profit organizations offer a variety of online training courses that can be accessed flexibly (Wang & Liu, 2020). (b) Bootcamp Program, this program offers intensive training in a short time to learn specific skills (Liu & Wang, 2020). (c) Mentorship can provide guidance and support to gig workers in developing their skills and careers (Chen & Lee, 2019). (d) Networking, namely building networks with other individuals in the gig economy can help gig workers get information about job opportunities and skill development (Martinez & Brown, 2019).

The Impact of the Gig Economy on Social and Economic Mobility

The gig economy has a complex impact on the social and economic mobility of individuals and society, including (a) Increasing access to work where the Gig economy can increase access to work for individuals who have difficulty getting traditional work, such as single parents, people with disabilities, or individuals living in remote areas (Johnson & Smith, 2018). (b) Reducing inequality, the Gig economy can help reduce economic inequality by providing opportunities for individuals to increase their income and achieve economic mobility (Lee & Kim, 2020). (c) Social security challenges, in some cases the Gig economy often does not provide social security and benefits such as health insurance, pensions, and paid leave, which can increase the risk of poverty and vulnerability (Kim & Sharma, 2019). (d) Gaps in profit sharing. Gig economy platforms often take a large

percentage of workers' income, which can lead to inequality in profit sharing (Lee & Kim, 2020).

Occupational Safety and Security Risks

Gig workers often face higher occupational safety and security risks than traditional workers, including (a) Work accidents, gig workers who work in the transportation, construction and logistics sectors have a higher risk of work accidents due to a lack of training and standards adequate safety (Aloise & Bhargava, 2020). (b) Hazardous work, gig workers working in the informal sector, such as trash collection or cleaning, may be exposed to hazardous materials or unsafe work environments (Smith & Lehndorff, 2019). (c) Harassment and violence, gig workers who work alone or in an unsupervised environment, such as online taxi drivers or sex workers, are at risk of physical or sexual harassment and violence (Cockburn & Cockburn, 2018). (d) Lack of social protection, gig workers often do not have access to social security such as health insurance, pensions, and paid leave, which can make them vulnerable to financial and health risks (Kim & Sharma, 2019).

Impact on Inequality and Equality

The gig economy can worsen inequality and equality in society in several ways: (a) Income inequality, gig economy platforms often take a large percentage of workers' income, thereby reducing their income and increasing the gap between gig workers and platform owners (Lee & Kim, 2020). (b) Job uncertainty, gig workers often have unstable and insecure employment contracts, which can lead to income uncertainty and fear of losing their jobs (Standing, 2016). (c) Discrimination, gig workers may experience discrimination based on race, gender, age, or disability, which can limit their opportunities to find work and generate income (Scholz & Uberti, 2018). (d) Exploitation, gig workers working in the informal sector, such as domestic workers or migrant workers, are often exploited by being underpaid, working in unsafe conditions, and not having access to basic labour rights (ILO, 2019).

Safety, Security and Equity Policy

Some policies that can improve safety, security and equality in the gig economy: (a) Regulation of digital platforms, the Government can enforce regulations for gig economy platforms to ensure that they provide adequate safety and security standards for workers, pay workers fairly, and providing access to basic labour rights (Graham & Woodcock, 2019). (b) Social protection, the Government can expand access to social security such as health insurance, pensions and paid leave for gig workers (ILO, 2019). (c) Skills development, in this case, the Government can provide training and skills development programs to help gig workers improve their skills and get better jobs (Chen & Lee, 2019). (d) For labour unions, gig workers can unite to form labour unions or advocacy organizations to fight for their rights and improve their working conditions (Standing, 2016).

The gig economy has the potential to increase the social and economic mobility of individuals and society (De Stefano, 2016). However, it is important to

address the occupational safety and security, inequality and equality risks associated with the gig economy so that its benefits can be enjoyed by all parties (Benach et al., 2016). The right policies and collaboration between governments, digital platforms, and gig workers can help create a fairer, safer, and more sustainable gig economy (Scholz, 2016).

Gig Economy Contribution to Greenhouse Gas Emissions

The gig economy, while offering new economic opportunities, also carries environmental consequences that need to be considered. One of the main impacts is its contribution to greenhouse gas emissions. Gig workers in the transportation sector, such as online taxi drivers and couriers, produce greenhouse gas emissions from their vehicles (Willett & Goacher, 2019). The digital platforms and data centres that support the gig economy require large amounts of energy to operate, resulting in greenhouse gas emissions from power plants (Koo & Kwak, 2020). The use of electronic devices such as smartphones and tablets by gig workers can produce electronic waste that is harmful to the environment if not managed properly (Baldassare et al., 2017). The gig economy can also encourage excessive consumption and the production of packaging waste because many transactions are carried out online and products are delivered to customers' homes (Mont & Bleischwitz, 2018).

The impact of the gig economy on greenhouse gas emissions is not only seen as an environmental problem but also as a complex social phenomenon with various meanings and interpretations. It is important to understand how gig workers, digital platforms, and consumers make decisions and behave in the gig economy that contributes to greenhouse gas emissions (Martin et al., 2019). With diverse perspectives and experiences related to the gig economy's impact on greenhouse gas emissions through interpretive research, we can develop more effective strategies to reduce emissions and promote sustainable practices in the gig economy. This can help minimize the negative impact of the gig economy on the environment and encourage environmentally friendly economic growth.

Policies to Reduce Environmental Impact

The gig economy, while offering new opportunities for social and economic mobility, also presents environmental challenges that need to be addressed. To minimize the negative impact of the gig economy on the environment and encourage sustainable economic growth, several policies can be implemented. First, the promotion of environmentally friendly transportation, and government support for the use of environmentally friendly transportation such as electric vehicles, bicycles and public transportation for gig workers can help reduce greenhouse gas emissions (Willett & Goacher, 2019). Second, energy efficiency, and energy efficiency practices by digital platforms and data centres can help reduce their energy consumption and the resulting greenhouse gas emissions (Koo & Kwak, 2020). Third, electronic waste recycling and management, effective electronic waste recycling and management programs can help reduce the impact of electronic waste from the gig economy (Baldassare et al., 2017). Fourth, environmentally friendly packaging, the use of environmentally friendly packaging that can be recycled or made from compostable materials by digital platforms and sellers can

help reduce plastic waste and packaging waste (Mont & Bleischwitz, 2018). Lastly, sustainable consumption can be done with educational campaigns to encourage sustainable consumption and reducing excessive consumption among gig workers and consumers can help minimize the impact of the gig economy on the environment (Mont & Bleischwitz, 2018).

Macroeconomic Impact

The gig economy, with its flexible and independent work model, presents opportunities and challenges for individuals and society. This theme focuses on how the gig economy impacts the macro economy, including its contribution to economic growth and the challenges and opportunities in driving sustainable economic growth.

Gig Economy Contribution to Economic Growth

The gig economy, with its flexible and independent work model, presents opportunities to increase economic growth through various mechanisms. *First*, the gig economy opens up opportunities for individuals who previously did not work or worked part-time to enter the world of work and generate income (Katz & Krueger, 2016). This can increase labour force participation and encourage macroeconomic growth. *Second*, the gig economy has triggered the birth of digital platforms and new business models that create new jobs in various sectors (Lehndorff & Fornero, 2018). This not only increases the number of jobs available but also expands the diversity of job types and opens up opportunities for individuals with a variety of skills and interests. *Third*, the gig economy allows companies to access a flexible and skilled workforce according to their needs (Allen & Tsuru, 2018). This can increase company efficiency and productivity, which ultimately has a positive impact on economic growth. *Fourth*, the gig economy provides platforms and resources for individuals to develop new ideas and businesses (Horn & Ebersperger, 2017). This can encourage innovation and entrepreneurship, which are key to long-term economic growth.

Overall, the gig economy has the potential to contribute significantly to economic growth through various mechanisms. By opening up new job opportunities, increasing efficiency and productivity, and encouraging innovation, the gig economy can be an important driver of economic progress in various countries.

Challenges and Opportunities

The gig economy, although offering new opportunities for economic growth, also presents several challenges that need to be overcome to achieve sustainable growth. First, the main challenge is the income uncertainty that gig workers face. This can pose a risk to the household economy and increase individual vulnerability to economic fluctuations (Standing, 2016). Second, another challenge is the lack of social protection for gig workers. Lack of access to social security such as health insurance and pensions can burden the social security system and exacerbate social inequalities (Kim & Sharma, 2019). Third, the wide income gap between gig workers and digital platform owners is also an issue that needs to be considered. Digital platforms and gig economy platform owners often take a large percentage of workers' income, widening income disparities and exacerbating

economic injustice (Lee & Kim, 2020). Finally, the gig economy can trigger competition with traditional workers, which can harm their wages and working conditions (Fornero & Merli, 2017). This can fuel social tensions and slow overall economic growth. By understanding the diverse perspectives and experiences related to the gig economy through interpretive research, we can develop more comprehensive and sustainable solutions to address existing challenges and drive economic growth that benefits all.

During its various challenges, the gig economy also opens up opportunities to encourage sustainable economic growth. One of the main opportunities is improving the skills and education of gig workers. Available digital platforms and training programs enable them to improve their qualifications and expand their capabilities, thereby increasing their competitiveness and earning potential (Chen & Lee, 2019). The gig economy can also increase entrepreneurship by providing opportunities for individuals to start their businesses. Digital platforms and new business models in the gig economy provide the infrastructure and resources needed to start small and medium-sized businesses, thereby driving innovation and the creation of new jobs (Horn & Ebersperger, 2017). Additionally, the gig economy can increase economic inclusion by providing opportunities for previously marginalized individuals to enter the workforce. People who previously had difficulty finding traditional jobs, such as people with disabilities, housewives, and youth, can find new opportunities in the gig economy, thereby increasing labour force participation and social well-being (Katz & Krueger, 2016). Lastly, the gig economy can increase economic efficiency by allowing companies to access a flexible and skilled workforce as needed. This can help companies reduce costs and increase productivity, thereby encouraging overall economic growth (Allen & Tsuru, 2018).

CONCLUSION

The gig economy opens up new opportunities in the labour market by increasing flexibility and inclusivity. However, risks such as income uncertainty and lack of access to social security need to be taken into account. The importance of developing appropriate policies and regulations to ensure the gig economy functions fairly and sustainably. Economic stability and security are in the spotlight, where income uncertainty can disrupt workers' financial stability. Mobility and opportunity are also considered, as the gig economy opens up access to a wide range of jobs, although fierce competition and lack of access to education and training can be barriers. Social and economic impacts are also considered, with particular attention to the risk of worker exploitation and negative impacts on mental health. Apart from that, environmental and macroeconomic impacts are also an important part of a holistic gig economy analysis.

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